

National School Lunch Program (NSLP)

Five-day Lunch Menu Planning Form for Ages 3-4

The Healthy and Hunger-Free Kids Act of 2010 requires the U. S. Department of Agriculture (USDA) to develop new meal patterns for the Child and Adult Care Food Program (CACFP). The current [lunch meal pattern for preschoolers](#) remains in effect until the USDA revises the CACFP meal patterns.

School:

Week of:

Food Components ¹	Monday	Tuesday	Wednesday	Thursday	Friday	
Milk ($\frac{3}{4}$ cup) ² Low-fat (1%) unflavored or fat-free unflavored or flavored						
Vegetables/Fruits ($\frac{1}{2}$ cup) Two or more servings of <i>different</i> vegetables or fruits or both ³	1.	1.	1.	1.	1.	
	2.	2.	2.	2.	2.	
Grains and Breads (whole grain or enriched) ⁴ 8 servings per week Minimum of 1 serving per day A serving is a slice of bread (25 grams or 0.9 ounce) or an equivalent serving of biscuits, rolls and other breads or $\frac{1}{2}$ cup of cooked rice, macaroni, noodles, other pasta products or cereal grains.						Total Weekly Servings of Grains/Breads:
Total Daily Servings of Grains/Breads:						
Meat/Meat Alternates Lean meat, poultry or fish ⁵ (1 $\frac{1}{2}$ ounces) or Alternate protein products ⁶ (1 $\frac{1}{2}$ ounces) or Cheese (1 $\frac{1}{2}$ ounces) or egg ($\frac{3}{4}$ large) or Peanut butter (3 tablespoons) or Cooked dry beans and peas ($\frac{3}{8}$ cup) or Nuts and seeds ⁷ ($\frac{3}{4}$ ounce equals 50 percent) or Yogurt ($\frac{3}{4}$ cup)						Does this number equal at least 8 servings? <input type="checkbox"/> yes <input type="checkbox"/> no
Other foods (Do not count) ⁸						

◀ See page 2 for important menu planning notes ▶

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- 1 Children may be served larger portions but not less than the minimum quantities specified. Use the U.S. Department of Agriculture's (USDA) [Food Buying Guide for Child Nutrition Programs](#) to determine the amount of purchased food that meets the minimum requirements. For processed foods, review [Child Nutrition \(CN\) labels](#) or [product formulation statements](#).
- 2 Schools must offer at least two different varieties (fat content and/or flavor) of unflavored low-fat (1%) or fat-free unflavored or flavored milk. Whole, reduced-fat (2%) and flavored low-fat milk cannot be served.
- 3 The specified portions must be met with at least two servings of different vegetables and/or fruits, i.e., two servings of different vegetables, two servings of different fruits or one serving of vegetable and one serving of fruit. A minimum of $\frac{1}{8}$ cup must be served to count toward the total requirement. All fruit and vegetable juice must be pasteurized 100 percent full-strength juice and cannot count for more than half of the total requirement.
- 4 Bread, pasta or noodle products and cereal grains must be whole grain or enriched. Cornbread, biscuits, rolls, muffins and other breads must be made with whole-grain or enriched flour or meal. Bran and germ are credited the same as enriched or whole-grain meal or flour. All grain and bread products must meet the minimum serving sizes specified in [Serving Sizes for Grains/Breads for Preschool Meals in the National School Lunch Program \(NSLP\)](#) and [School Breakfast Program \(SBP\)](#). Alternatively, schools can choose to use the minimum ounce equivalents specified in [Whole Grain-rich Ounce Equivalents for School Nutrition Programs](#). **Note:** The "grains/breads" component of the preschool lunch meal pattern applies only to children ages 1-4. For children ages 5 and older, the NSLP meal pattern applies and the whole grain-rich "grains" component replaces the "grains/breads" component. For more information, see [Criteria for Whole Grain-rich Foods](#).
- 5 The serving size refers to the edible portion of cooked lean meat, poultry or fish as served, e.g., cooked lean meat without bone.
- 6 Alternate protein products must meet the USDA requirements specified in appendix A to Part 210 of the [NSLP regulations](#). For more information, see the [Crediting Foods](#) Web page.
- 7 Nuts and seeds that may be used as meat alternates include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios and soynuts. Nuts and seeds cannot meet more than 50 percent of the meat/meat alternate requirement. They must be combined with another meat/meat alternate to meet the requirement.
- 8 Other foods do not contribute to the meal pattern, e.g., condiments such as ketchup and mayonnaise. For more information, see [Noncreditable Foods in School Nutrition Programs](#).



For more information, see the Connecticut State Department of Education's (CSDE) [Menu Planning Guide for School Meals](#) and the CSDE's [Meal Patterns](#) Web page and [Crediting Foods](#) Web page or contact the [school nutrition programs](#) staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This form is available in PDF at www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/nsfp/mflunch3-4.pdf and Word at www.sde.ct.gov/sde/lib/sde/word_docs/deps/nutrition/nsfp/mflunch3-4.doc.

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